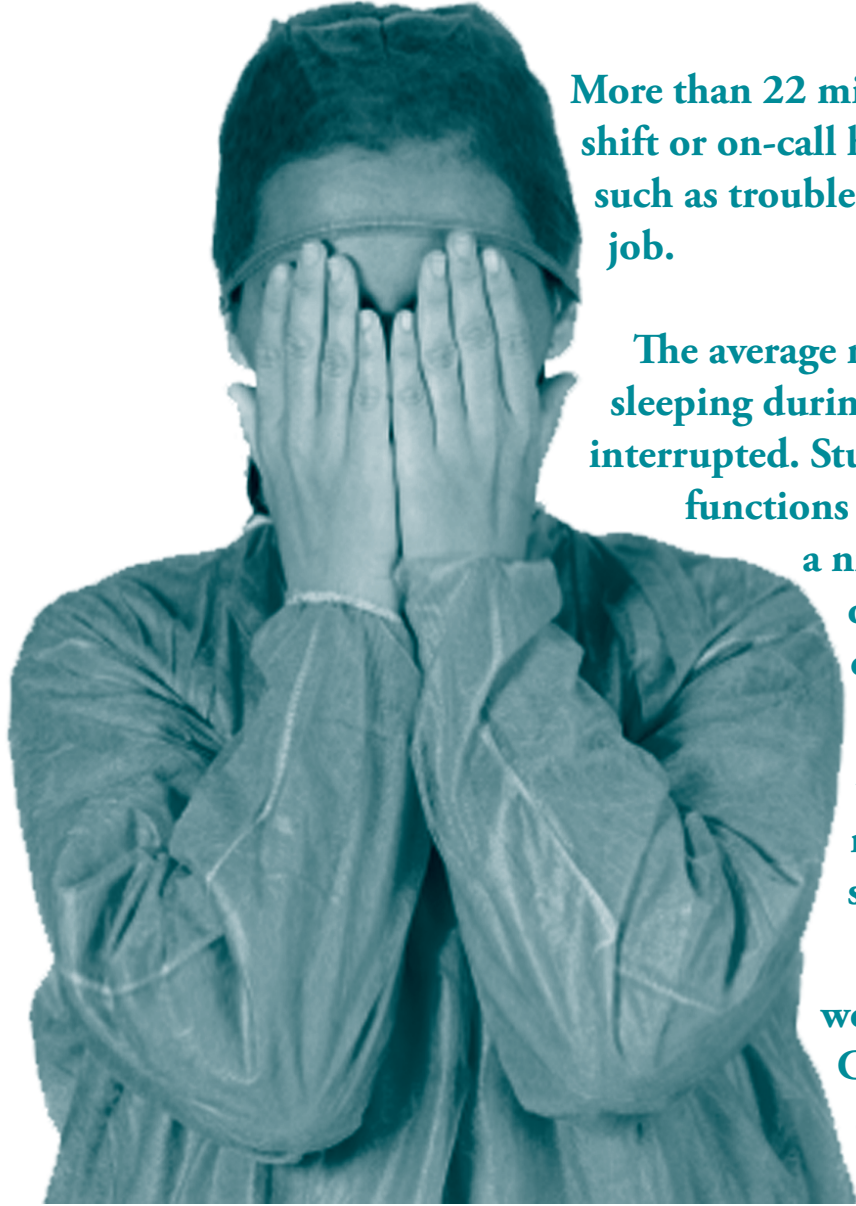


The ABCs of ZZZs ...



More than 22 million people in the United States work night shift, rotating shift or on-call hours. These workers can experience sleep-related problems such as trouble sleeping during the day and difficulty staying awake on the job.

The average night shift worker sleeps two to four hours less when sleeping during daytime hours. Typically, daytime sleep is lighter and more interrupted. Studies have shown that sleepiness affects a person's normal functions such as memory, mood, motor skills and mental ability. For a night shift worker who has a sleep disorder, such as narcolepsy or sleep apnea, the effects of chronic sleep deprivation may be even worse.

Some researchers believe that it can take up to three years to completely adjust to a permanent night schedule. Other researchers consider it impossible to fully adjust to an unusual sleep /wake schedule.

At Stormont-Vail HealthCare, the special challenges of shift work are recognized and appreciated. The Stormont-Vail Sleep Center and Employee Health have collaborated to support our shift workers. For more information on sleep disorders, contact the Sleep Center at (785) 270-8090.

Strategies for Shift Workers

- If you are a permanent night shift worker, you should keep a regular (day) sleep schedule even on your days off.
- If you work rotating shifts, the shifts should change in an advancing order (days, evenings, nights.) This will allow for better body clock adjustment.
- Adjust your sleep environment to make daytime sleep better: turn off the phone ringer, darken the room, wear eye shades and ear plugs
- Keep the temperature cool.
- The work environment should be cool and well lighted to help maintain alertness.
- Talk to your doctor about the use of sleep aids and daytime stimulants.

Healthy Sleep Habits

- Maintain a regular wake time.
- Spend an adequate amount of time in bed.
- Establish relaxing bedtime rituals such as a warm bath or 10 minutes of reading.
- Exercise regularly. Confine vigorous activity to at least six hours before bed and mild exercise to four hours before bed.
- Avoid caffeine within six hours of bedtime.
- Avoid nicotine close to bedtime or during the night.
- Sleeping pills should be used conservatively, usually three weeks or less.
- Avoid alcohol several hours before bedtime.

Stormont-Vail
HealthCare
SLEEP CENTER

Sleep disorders can range from bothersome to potentially life-threatening. Sleep problems vary from the inability to sleep to the inability to stay awake. The Stormont-Vail HealthCare Sleep Center is equipped to diagnose and treat a variety of sleep disorders.

With state-of-the-art technology and a highly-trained, professional staff, the Sleep Center is committed to helping you sleep better.

Contact the Sleep Center for more information on a sleep study or to learn about the many services the center offers to help Kansans sleep -- every night.

Common Sleep Disorders

Snoring and Sleep Apnea

Millions of people snore. Snoring is a warning sign that the airway is narrow. If the airway is only slightly narrowed, the snoring may just be a nuisance. If the airway becomes very narrow, or completely obstructed, it can be serious.

An obstructed airway can cause a cessation of breathing during sleep. This is called sleep apnea. When a person stops breathing, the oxygen in his or her bloodstream drops causing the heart to work harder to circulate the blood.

Over a period of time, this can cause serious medical conditions such as high blood pressure, an enlarged heart, congestive heart failure, heart attack or stroke.

- Common symptoms of sleep apnea are:
- Unrefreshing sleep
- Daytime fatigue
- Difficulty concentrating
- Trouble with short-term memory
- Morning headaches
- Snoring, choking, gasping or pauses in breathing during sleep
- Falling asleep, or fighting off sleep at inappropriate times, such as driving, working, reading or watching TV

Sleep apnea can be easily diagnosed by monitoring your sleep in a sleep lab and it can usually be effectively treated.



Narcolepsy

Narcolepsy can be defined as excessive drowsiness during the day with a tendency to sleep at inappropriate times.

The sleep episodes of narcolepsy are sometimes brought on by highly stressful or emotional situations. They are not completely relieved by any amount of sleep.

Narcolepsy can have a serious impact on a person's life. If narcolepsy is not appropriately diagnosed and managed, it can be disabling.

A cure for narcolepsy has not yet been discovered, but most people with this disorder can lead nearly normal lives if the condition is properly treated.

Periodic Limb Movement Disorder

Periodic Limb Movement Disorder (PLMS) can be described as small muscle movements in the legs or arms that can disrupt the quality of sleep by causing brief, frequent arousals from sleep. PLMS can usually be treated effectively with medications.

Restless Leg Syndrome

Restless Leg Syndrome (RLS) is a condition characterized by discomfort in the legs which can only be relieved by movement. These symptoms typically worsen in the evening and night, and can have a major impact on sleep quality.



Do you or your loved one need to be seen by your physician?

Do you or your loved one:

- Snore or gasp while asleep
- Stop breathing while asleep
- Move arms or legs while asleep
- Fall asleep or fight off sleep while driving, working, reading or watching television.

- Complain of daytime fatigue
- Have a history of high blood pressure
- Wake up with a headache
- Have a history of cardiac problems

If you have answered yes to one or more of these questions, visit with your physician. You may need a sleep study. People typically require seven

to nine hours of good quality sleep each day to function properly. If you are having a problem with your sleep, discuss it with your physician. By improving the quality of your sleep, you may be able to improve the quality of your life.

If you have any questions, please call Stormont-Vail's Sleep Center at (785) 270-8090.